



Coconino County Sheriff's Office

MEDIA RELEASE

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Exodus Treatment Program

Flagstaff, AZ – Coconino County Sheriff Bill Pribil is pleased to announce that Margot Julian has been selected to assume the role of Treatment Supervisor for the Exodus in custody alcohol and drug addiction treatment program, at the Coconino County Detention Facility. Ms. Julian received a master's degree in counseling at the New Mexico Webster University. She has previous experience administrating residential outpatient alcohol and drug addiction treatment programs. Ms. Julian also served as the Northern Arizona State Advocate for the Mentally Ill, a position administered by the Arizona Department of Health Services Office of Human Rights. In this capacity Margot assisted clients in understanding their treatment options as well as assisting with grievances and appeals.

Margot looks forward to the challenges of starting a new program that is designed to deliver treatment and educational opportunities to inmates who suffer from alcohol or drug addiction. It is believed the program will offer opportunities for inmates allowing them to make positive life decisions and changes that will enhance the overall quality of their lives.

Exodus will use the Matrix Model. The Matrix Model is an evidenced based model proven to be effective with alcohol dependence, methamphetamine dependence and other commonly addictive substances. It is recognized by the National Institute on Drug Abuse as a comprehensive treatment program that uses a scientifically based approach. The Matrix model uses cognitive behavioral counseling and motivational interviewing techniques proven to be effective in treatment for substance addictions. The Matrix Model has also been used with multiple ethnicities including Native Americans on and off reservations, Asians and Pacific Islanders. Exodus will additionally use 12-step and bio-psychosocial materials to augment the Matrix Model. Exodus will emphasize total abstinence and not advocate or support a controlled use philosophy.

The goals of Exodus are:

- To provide educational and therapeutic services to assist inmates in making a decision to avoid alcohol and drug use in the future
- To decrease recidivism rates

- To provide alcohol and drug treatment to inmates that have difficulty accessing treatment through other means
- To provide a behavioral management tool that helps to control inmate behavior and decrease disruptive activities
- To create a safer community
- To reduce health care costs associated with substance abuse/dependence
- To create a program that requires some inmates to engage in a productive routine while in custody
- To provide a proactive response to substance abuse related crime rather than a reactive response
- To require inmates to develop an alcohol and drug free life plan for release

Participation will be on a voluntary basis and once potential candidates have been identified they will participate in a screening process. Jail treatment staff will collaborate with treatment and social service agencies county wide. A twenty four bed unit will be dedicated as a positive peer environment, housing only those inmates in the program. The most effective location is one where there is no auditory contact with inmates not involved in the program. Exodus will be conducted as an intensive out-patient program offered in a residential facility. This means the detention facility will be responsible for all aspects of room, board, medical services and supervision.

As inmates, who have completed the therapeutic portion of the program, prepare for release from the Coconino County Detention Facility, it will be important to connect them with ancillary services that support continued sobriety. When an inmate is close to completing Exodus they will meet with a counselor for an exit interview. A Transition Plan for release will be developed in the treatment program.

Exodus will expand the available treatment services for offenders in the criminal justice system in Coconino County. Approximately one hundred and sixty inmates will be able to participate annually. For years many inmates celebrate their release from jail by drinking, using drugs, or both. Providing a structured treatment program will help to: have inmates come to the realization they have a substance abuse or addiction problem, involve inmates in their own problem solving and development and educate them about the physical and mental effects of substance abuse/addiction. Inmates will be equipped to identify and develop relapse prevention skills, develop positive social behaviors, improve their life skills and parenting skills, learn to build pro sobriety support networks, and decrease recidivism. The potential benefits to be gained by providing these services can positively affect inmates, their families, our community and county.

Margot Julian the Treatment supervisor is seated in C-Pod, a twenty four bed facility which is the new home of the Exodus treatment program.

